



Take a Break from the Exhaust Program



Everything you need to know about TABFTE

Take a Break from the Exhaust (TABFTE) is an alternative commute program in which employees are encouraged to take voluntary actions to help reduce Vehicle Miles Traveled (VMT); ultimately reducing air pollution and our dependency on foreign oil. TABFTE is a web-based program that can be accessed on your computer and also provide ground-level ozone forecasts when they are being issued.

So, what's the *point*? TABFTE tracks behavior changes, particularly on ozone action days. The program does this by assigning **points** to a variety of activities. Activities done on ozone action days receive double points! These points are tallied individually and as a **team**.

Daily activity options for TABFTE points

Each day you will be asked to record your activities to reduce ground level ozone from the *previous* day. The following is a list of options you are given along with their point's values and definitions:

Ridesharing (3 pts): When two or more people share a vehicle to ride to work (carpooling).

Telecommuting (2 pts): Working from home.

Flex-scheduling (1 pt): Flex-scheduling, to help air quality and traffic congestion, allows the participant to commute to and from work during off-peak hours so they are not using their vehicles during peak traffic hours (7:00-9:00 AM and 3:30-6:00 PM). An example flex schedule would have the employee at the office by no later than 7:00 AM and leave the office by no later than 3:30 PM, or one may choose to be into the office no earlier than 9:00 AM and leave no earlier than 6:00 PM.

Biked to/Walked to/Stayed in for lunch (2 pts): Just as described...Did not take any kind of motorized transportation to/from lunch.

Rideshared/Used Mass Transit for lunch (1 pt): When two or more people share a vehicle to go to lunch, or utilizing mass transit (bus, trolley) to and from your workplace to lunch.

Alternate Work Schedule (AWS) adjustment (2 pts): "AWS" may not apply to some groups. AWS is when you work extra hours during your regular schedule, enabling you to take a day off during an ozone action day.

Mass Transit to/from work (4 pts): Utilizing mass transit to and from your workplace.

Biking or walking to/from work (5 pts): Walking or riding a bike to and from your workplace.

On annual/sick leave/holiday (0 pts): Not going into work due to vacation or medical reasons.

Unable to participate (0 pts): Being unable to participate in any of the ground-level ozone reducing options offered through the TABFTE program.

Other (0 pts): Option to specify what other actions you took for consideration during the TABFTE program.

You'll also be asked **how many miles do you think you saved?** This allows staff to have a quantitative measure of our actions. It is an *estimate* of the number of miles you didn't drive because of the choices you made.

For more information:

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